

Caring for your fixed brace

Clean your teeth and gums with a small headed toothbrush.

1. Start between the wire and gums. Press firmly enough so that the bristles spread into the gaps between your teeth. Move the brush head around all the teeth. Repeat the same process on the other side of the wire.



A clean and healthy mouth

2. Now clean all the inside surfaces of your teeth in the same way.
3. Last of all, clean the tops of your teeth. Rinse with a little water after brushing.

Remember

- Brush thoroughly twice daily with a fluoride toothpaste.
- Rinse with water after every meal.
- Use a fluoride rinse like Colgate FluoriGard Daily or FluoriGard Alcohol Free once a day, ideally at a different time from brushing.

Colgate FluoriGard Daily helps prevent decalcification and decay; particularly useful for those wearing braces. It is an oral rinse containing Sodium Fluoride 0.05% w/w (225 ppm F) **GSL** (PL 0049/0012).



Colgate FluoriGard Alcohol Free is ideal for children and teenagers as it is alcohol free. It is an oral rinse containing Sodium Fluoride 0.05% w/w (225 ppm F).



Colgate Gel-Kam aids in the prevention of dental caries and decalcification of the teeth. It is an oral gel containing Stannous Fluoride 0.4% w/w (1000 ppm F) **P** (PL 0049/0028).



The Colgate Orthodontic Toothbrush is professionally designed. It cleans teeth around braces and other orthodontic appliances.



Always Read The Label

Further information on these products is available from the product licence holder Colgate-Palmolive (UK) Ltd., Guildford, Surrey GU2 8JZ.

Text and illustrations provided by the Dental Health Unit, Manchester University.

Colgate

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Patient information

How to care for your teeth and fixed brace

Colgate

Why is it so important to look after my teeth and brace?

Everyone's saliva contains millions of bacteria. These bacteria stick to the surfaces of teeth and form a layer called plaque.

Plaque is a soft, colourless substance which is difficult to see until the coating is quite thick. It collects on the surfaces of your teeth mainly next to the gums and between the teeth.

Plaque causes tooth decay and gum disease.

Do I need to clean my teeth?

Your orthodontist will not normally fit your brace unless you clean your teeth effectively.

When a brace is fixed to your teeth permanently, the brackets are more difficult to clean. So it is very important to care for your brace by careful brushing as well as rinsing and eating sensible foods.



Using special disclosing tablets will show you where the plaque is so that you can brush effectively.

What could happen if I don't clean properly?

You could cause permanent damage if your teeth and brackets are not kept clean. The enamel that makes your teeth strong could be damaged, leaving unsightly white marks.



These teeth were not kept clean while the brace was in place. This caused calcium loss which damaged the tooth enamel. This could lead to tooth decay.

Remember

- Avoid sugary foods and sweet and fizzy drinks (including sugar free and low calorie types) between meals.
- Rinse with water after every meal.
- Brush thoroughly twice daily using a toothpaste containing fluoride.
- Use a daily fluoride rinse such as Colgate FluoriGard Daily or FluoriGard Alcohol Free, ideally at a different time from brushing.
- Continue to visit your dentist for check ups whilst having orthodontic treatment.

Eating

Eat sensibly when wearing a brace:

- **Avoid hard and sticky foods**

- Sweets and hard mints
- Hard crusts
- Whole raw carrots

They may break and bend wires which will slow down treatment.

- **Avoid sweet foods**

- Sugar and sweets
- Sweet, fizzy drinks and fruit juices

They can dissolve surface enamel which may cause permanent damage to teeth.